



Loaded BBQ Plant-Based Slow Braised Meat & Fries

with Charred Corn Slaw & Plant-Based Smokey Aioli

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Garlic



Celery



Spring Onion



Sweetcorn



All-American Spice Blend



Mild Chipotle Sauce



Plant-Based Slow Braised Meat



Slaw Mix



Dijon Mustard



Plant-Based Smokey Aioli

Prep in: 20-30 mins
Ready in: 35-45 mins

Plant Based

Calorie Smart

Once you start, you won't be able to stop eating this Plant-Based delight! Simply take a bowl of crispy potato fries and load it up with classic All-American BBQ flavours, a zingy Dijon-mustard charred corn slaw and a dollop of Plant-Based Smokey Aioli. Enjoy!

Pantry items

Olive Oil, Red Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	2 cloves	4 cloves
celery	1 medium packet	1 large packet
spring onion	1 stem	2 stems
plant-based slow braised meat	1 packet	2 packets
sweetcorn	1 medium tin	1 large tin
water*	½ cup	1 cup
All-American spice blend	1 medium sachet	1 large sachet
mild chipotle sauce	½ packet	1 packet
slaw mix	1 small bag	1 large bag
Dijon mustard	½ packet	1 packet
red wine vinegar*	drizzle	drizzle
plant-based smokey aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2492kJ (595Cal)	478kJ (114Cal)
Protein (g)	19.3g	3.7g
Fat, total (g)	36.5g	7g
- saturated (g)	17.8g	3.4g
Carbohydrate (g)	52.4g	10.1g
- sugars (g)	16.2g	3.1g
Sodium (mg)	1280mg	246mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries.
- Place fries on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the fries between two trays.

2



Get prepped

- Meanwhile, finely chop **garlic**. Thinly slice **celery** and **spring onion**.
- Roughly chop **plant-based slow braised meat**.
- Drain **sweetcorn**.

3



Char the corn

- Heat a large frying pan over high heat.
- Cook **corn** kernels until lightly browned, **4-5 minutes**.
- Transfer to a large bowl.

TIP: Cover the pan with a lid if the kernels are "popping" out.

4



Cook the topping

- Return frying pan to high heat with a drizzle of **olive oil**.
- Cook **plant-based slow braised meat** and the **water**, stirring, until the water has evaporated, **3-4 minutes**.
- Continue cooking until browned, **1-2 minutes**.
- Add **garlic** and **All-American spice blend** and cook until fragrant, **1-2 minutes**. Remove from heat. Stir in **mild chipotle sauce** (see ingredients) until combined.

TIP: Add an extra splash of water if the topping looks too dry.

5



Make the slaw

- Meanwhile, to bowl with charred **corn**, add **slaw mix**, **celery**, **Dijon mustard** (see ingredients), a drizzle of **red wine vinegar** and **olive oil**.
- Toss to combine and season to taste.

6



Serve up

- Divide fries and charred corn slaw between plates.
- Top fries with BBQ plant-based slow braised meat.
- Drizzle over **plant-based smokey aioli**. Sprinkle over spring onion to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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